

The One Step LH Urine Ovulation Test is fast and easy to use. It is a qualitative test that can predict when there is an LH (luteinizing hormone) surge, and in turn, when you are likely to ovulate.

WHEN TO BEGIN TESTING

Begin the test 9 days after the day your period starts (cycle day 9). If your cycle is less than 25 days start testing on cycle day 6. Perform 1 test each day until the LH surge has been detected.

URINE COLLECTION

- Do not use first morning urine samples as LH is synthesized in your body early in the morning. It will not show up in your urine until later in the day.
- The best time to collect your urine is between 11am and 1pm.
- Collect urine at about the same time each day.
- If you have tried a few cycles and did not see an LH surge try reducing liquid intake about 2 hours before collecting your urine (as a diluted urine sample can prevent the test from detecting the LH surge).

TEST PROCEDURE

1. Remove the LH test strip from the sealed pouch.
2. Immerse the strip into the urine with the arrow end pointing towards the urine. Do not immerse past the MAX (marker line). Take the strip out after 5 seconds and lay the strip flat on a clean, dry, non-absorbent surface (such as the mouth of the urine container)
3. Wait for the colored bands to appear. Positive results may be observed in as little as 40 seconds. However, to confirm negative results, the complete reaction time of 10 minutes is required.

INTERPRETATION OF RESULTS

No LH Surge: Only one color band appears on the control (C) region or the test (T) band appears but is lighter than the control band. This means there is no LH surge.

LH Surge: If two color bands are visible, and the test (T) band is equal to or darker than the control (C) band, you will probably ovulate in the next 24-48 hours. If trying to get pregnant, insure you space your intercourse between the moment LH surge is detected and the next 36 hours.

Invalid: No visible band at all or no colored band appears on the control (C) region. Repeat with a new test kit. If the problem persists, discontinue using the test kit and contact us.

LIMITATIONS

1. The test results should not be affected by pain relievers, antibiotics and other common drugs. Using the pill or patch that contains hCG or LH test result may affect the test result and should not be taken while using this test kit. In addition, the test will not work properly if you are pregnant or menopausal.
2. A positive result means your urine contains the level of LH that would indicate you are beginning to ovulate. You can assume that you will ovulate within 24-48 hours. However, not every woman ovulates mid-cycle; therefore, you may not see a positive result during the first 5 days of testing.

STORAGE

The test kit can be stored at temperatures between 4 to 30 C in the sealed pouch to the date of expiration. The test kit should be kept away from direct sunlight, moisture and heat.

